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To help with self-support and your recovery this leaflet has a list of apps, from external organisation, that you and your family may find helpful. The Trust is not responsible for the contents of these apps and any queries will need to be directed to the relevant app producer.

Please search for the app on your usual apps store. This would either be the app store on an apple device and the google play store for an android device



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## Apps to help you organise:

**MacMillan – My Organiser:** Helps you record everything from appointment times and contact details, to when to take your medication.

**Rally Round:** Secure online tool that allows family, friends and carers to organise support for an older person and keep everyone in the loop.

## Apps to support you after cancer treatment:

**Active 10 Walking Tracker:** Just 10 minutes of brisk walking every day can benefit your health; this shows how many 10 minute walks you're doing and how to fit more in.

**Easy Meals:** Plan and eat healthier meals – choose from over 150 easy, calorie-counted recipes.

**iPrescribe Exercise:** Creates a 12-week exercise plan based on health information entered by you. It can be used to manage some long-term health conditions.



**Safefit:** Cancer exercise specialists offer you advice, support and resources to maintain and improve physical and mental well-being.

## Cancer Specific Apps

**Scanoma – Molecheck Free:** Scanoma checks your moles, calculates your skin cancer risk, and connects you with dermatologists for a second opinion. The app uses your phone's camera to capture and analyse any moles you are worried about. Available on [Apple](#) and [Google](#).

**MiiSkin:** Leading dermatology app for tracking skin changes, recommended by doctors worldwide. Free, basic option and a premium option for £4.00 a month. Sends reminders to take photos and offers information on skin changes. The basic version of Miiskin is free to download from [Apple](#) and [Google](#).

**Kidney Cancer Manager:** Track pain, progress and symptoms via a daily journal, manage medication and treatment, stay up to date via the Learn More feature. Available on [Apple](#) and [Google](#).

**Becca:** The breast cancer support app from Breast Cancer Now. The Becca app gives you strategies, hints and tips to empower and equip you for life beyond breast cancer treatment. Available on [Apple](#) and [Google](#).

**OWise – Prostate Cancer Support:** Gives the user personalised, reliable information and practical support all in one place. Keep track of symptoms and side effects and share this with your care team. Available on [Apple](#) and [Google](#).

**Breast Cancer Healthline:** The free app makes it easy for users to find what they need in one place. Designed for people facing breast cancer at all stages, BCH offers features that include daily group discussions led by a BCH guide. The guide leads topics around treatment, lifestyle, career, relationships, new diagnoses, and living with breast cancer. As well as providing an option for users to meet up and connect with others. Available on [Apple](#) and [Google](#).

**OWise – Breast Cancer Support:** The OWise breast cancer app is supported by the NHS, it can keep track of your treatment and your wellbeing. Record fatigue, appetite, pain and other health facts to

spot trends and help improve your care. You can also record conversations with your doctor to listen back to in your own time. Available on [Apple](#) and [Google](#).

## Apps to help you cope and relax:

**Catch It:** Records and rates your mood and prompts you to reflect and think about a better way of dealing with a problem, using CBT techniques.

**Chill Panda:** Measures your heart rate to work out your current emotional state and suggests activities to take your mind off worries.



**Cove:** Helps you to create music to capture your mood and express your feelings.

**Headspace:** 10 free introductory sessions on the basics of meditation and mindfulness. Subscription required to access full content.

**In Hand:** A digital friend to help you in times of stress or low mood with fun simple activities to restore your balance

**Pzizz:** Helps you to quiet your mind, fall asleep fast, stay asleep, and wake up refreshed. Basic content free, but subscription required to access full content.

**Calm:** Meditation and Sleep stories to build relaxation. Also calming music and videos showing stretches and gentle exercise. Free basic version and a paid for premium option. Available on the Apple and Google.

**Belong:** Free social and professional networking app. Connecting patients, caregivers and health professionals. Belong aims to improve quality of life and quality of care by connecting patients, caregivers, and healthcare professionals. Available on [Apple](#) and [Google](#).

**Untire:** Helps you regain energy through education, hints and tips, an online community for support plus weekly tracking to help you keep on top of your wellbeing. Available on [Apple](#) and [Google](#).

**Moodfit:** Use this Moodfit to improve your mind, build resilience and help manage stress and anxiety. The app allows you to set daily goals and track these to monitor your progress. Available on Apple and Google.

**Sleepio:** Helping people manage sleep problems, a 6 week online program based on cognitive techniques. The sleep improvement programme can help you manage the worries and thoughts that make it difficult to sleep and get to the root of stubborn, poor sleep. Free subscription available through Penny Brohn UK.

**Daylight:** UK app helping people manage worry and anxiety. Free subscription available through Penny Brohn UK.

**Liberate:** US meditation app for the Black Community. Subscription payable, but discounts available. Available on Apple and Google.

**Natiacares:** UK mobile app that helps people with cancer feel better physically, emotionally, spiritually, through yoga, conversation, meditation and music. Currently, only available on Apple.

**MyWellnessCoach:** American mobile app helping you identify holistic health goals, action steps and motivators. The app creates the flexibility and space to discover your health goals, action steps, and motivators. Available on Apple and Google.

**SilverCloud:** Online course to help you manage stress, anxiety and depression. Free via NHS referral.

**Stop, Breathe & Think:** Helps you to apply kindness and compassion in your daily life through meditation, using the process of Stop, Breathe, Think. Some activities free, but subscription required to access full content.

**Stress & Anxiety Companion:** Helps you to handle stress and anxiety on the go, with breathing exercises, relaxing music and games. Small charge to access.



## Managing Cancer

**Cancer Aid:** This app was created by two oncologists to help patients manage their cancer. The app lets you keep track of symptoms and treatment information. It allows users to share their data with carers and supporters so that they can know how you are doing and when you may need support. Available on [Apple](#) and [Google](#).

**ChemoWave:** Positioned as 'your virtual companion through cancer', this app allows you to track symptoms, schedule your medications and generate your own personalised health insights. Available on [Apple](#) and [Google](#).

**Careology: CancerSupport:** Created with NHS oncology and nursing advisors, the app allows users to be in control of their cancer treatment. The app allows you to manage symptoms, check treatment, set up medication reminders, and share information with your care team and friends and family. Available on [Apple](#) and [Google](#).

**War on Cancer – Social App:** A social network and community for everyone affected by Cancer. Connect with people from across the world, share your experiences and so you never feel alone. Available on [Apple](#) and [Google](#).

**Vine Health Cancer Companion:** Approved by NHS doctors, this app helps users understand their wellbeing and manage progress and changes in their health. The App also provides reports you can share with your medical team. Available on [Apple](#) and [Google](#).

**Caring Bridge:** Caring Bridge offers a place for patients and caregivers to provide health updates, and for family and friends to respond with messages of support. Available on [Apple](#) and [Google](#).

**MySunrise:** Free information resource app designed specifically to support patients through their cancer treatment journey at their NHS Hospital. MySunrise is live at Royal Cornwall Hospital in Truro and is now being rolled out to NHS Cancer centres in the South West of

England. The app includes videos, relevant information links, cancer resources and contact information specific to their own NHS Hospital cancer centre. Available on [Apple](#) and [Google](#).

**The Cancer App:** The Cancer App allows cancer patients to stay in control of their care, appointments, medications and contacts, with relevant, expert information specific to your cancer. Aiming to make living with cancer that bit easier. Available on [Apple](#) and [Google](#).

If you require further information on self-support and well-being when living with a cancer diagnosis and beyond, please contact the **Cancer Rehab Team** on Tel: 07392 861323 or email [cancer.rehabilitation@nhs.net](mailto:cancer.rehabilitation@nhs.net), Monday to Thursday 8.30am-4.30pm.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please call 0118 322 8338 / 0118 982 2875 if you need this information in another language or format.**

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